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STOP THE **SPREAD**

CATCH **IT**
Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN **IT**
Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL **IT**
Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

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Hand Cleaning Technique - with sanitiser

Effective hand washing is the most important and easiest way to prevent the spread of illness.

Wash and dry or sanitise your hands frequently. Hand sanitiser should not replace regularhand washing.
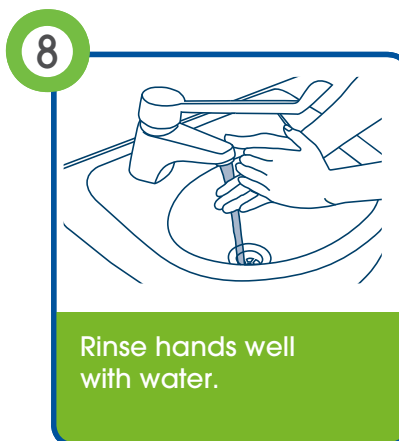
Duration of the entire procedure: about 15-30 seconds

1 Apply one measure of hand sanitiser into cupped hand.

2 Rub hands palm to palm up to and including writsts.

3 Rub right palm over back of left with linked fingers & vice versa.

4 Rub palm to palm with fingers linked.

5 Rub back of fingers to opposing palms with fingers interlocked.

6 Rub each thumb clasped in opposite hand using a rotational movement & vice versa.

7 Rub tips of fingers in opposite palm in a circular motion.

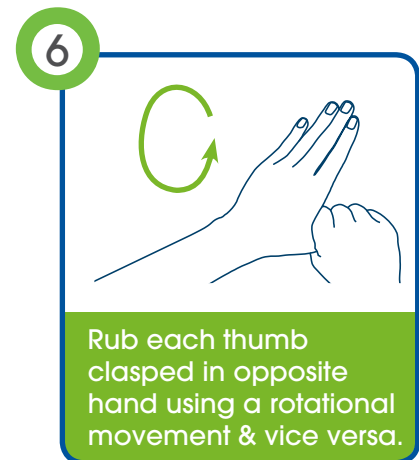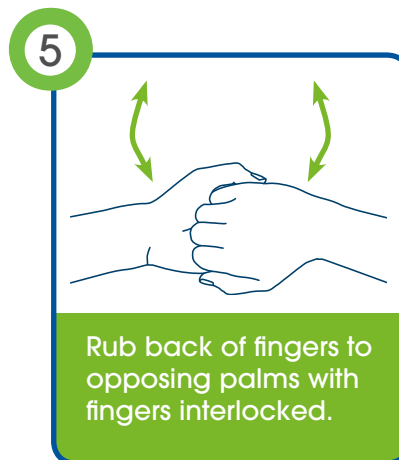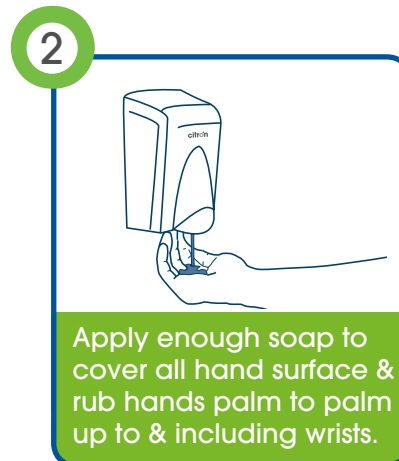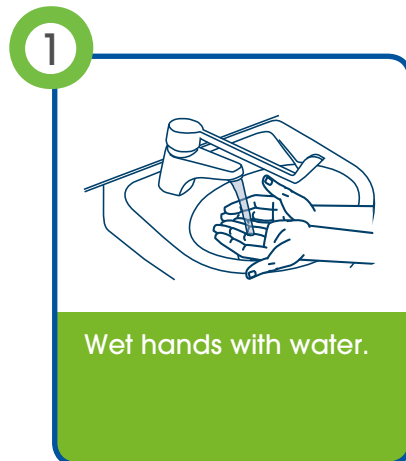**8** Once dry your hands are sanitised

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Hand Washing Technique - with soap & water

Effective hand washing is the most important and easiest way to prevent the spread of illness.

Wash and dry or sanitise your hands frequently.

Duration of the entire procedure: about 15 - 30 seconds.

The same as humming the 'Happy Birthday" song through twice.

1 Wet hands with water.

2 Apply enough soap to cover all hand surface & rub hands palm to palm up to & including wrists.

3 Rub right palm over back of left with linked fingers & vice versa.

4 Rub palm to palm with linked fingers.

5 Rub back of fingers to opposing palms with fingers interlocked.

6 Rub each thumb clasped in opposite hand using a rotational movement & vice versa.

7 Rub tips of fingers in opposite palm in a circular motion.

8 Rinse hands well with water.

9 Dry hands thoroughly.

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You need to wash your hands!

germs are everywhere

1 Rinse hands with water

2 Add soap

3 Rub hands together

4 Clean backs of hands and wrists

5 Clean between fingers

6 Rinse hands

7 Dry hands

When do you need to wash your hands...

After using the toilet

Before eating

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How to
Safely Remove PPE

The **World Health Organisation** states that **face masks, gloves, wipes and paper tissues** should be hygienically disposed of using a **closed bin.**

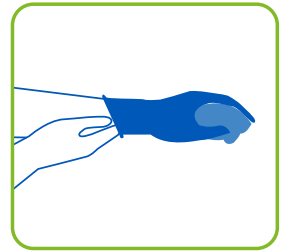**Please follow this sequence for removing PPE:**

Glove Removal

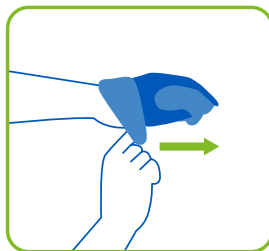Pinch one glove at the wrist level to remove it, without touching the skin

Peel the glove away from your hand, thus allowing the glove to turn inside-out
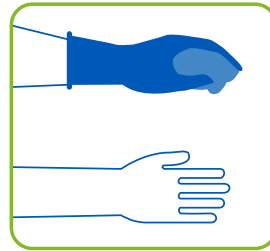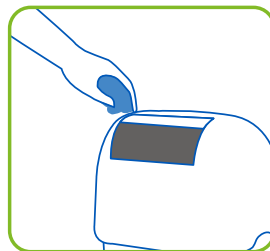
Hold the inside-out glove in the other hand

Slide your fingers under the wrist of the other glove

Peel the glove away from your body, turn it inside-out, leave the first glove inside the second

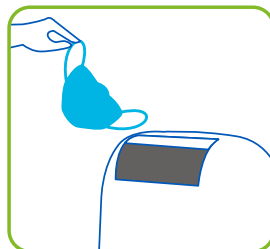Dispose of the gloves safely in the bin provided

Wash your hands

Mask removal

Handle by ear-loops, as front of mask is dirty. Remove from face, in a downward direction, using ear-loops

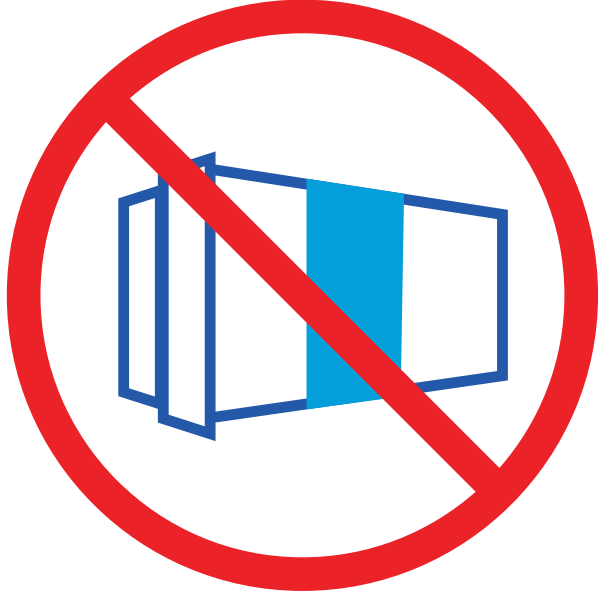Discard mask in the disposal bin provided

Wash your hands

Your well-being is **important** to us.
Stop the spread!

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PPE Disposal Unit

Hand Sanitiser

Please
use me

Stop the Spread!

Hand Sanitiser

please use me

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